

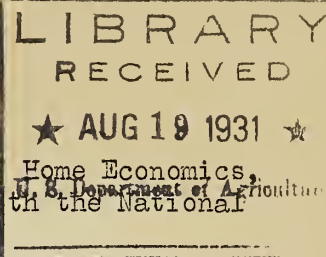
## **Historic, Archive Document**

Do not assume content reflects current scientific knowledge, policies, or practices.



119  
H755R

THE HOUSEHOLD CALENDAR



A radio talk by Mrs. Rowena Schmidt Carpenter, Bureau of Home Economics, delivered through WRC and 43 other radio stations associated with the National Broadcasting Company, Thursday, August 6, 1931.

How do you do, Homemakers:

Two weeks ago I suggested several summer menus, and promised some others today. Let's start off with a tempting dinner built around lamb chops. Thick juicy ones prepared the way Miss Alexander and Mrs. Yeatman describe in leaflet 28, "Lamb as you like it".

Broiled lamb chops - Potatoes with parsley butter

Corn on the cob

Mint-flavored cucumber and pineapple gelatin salad

and for dessert - Peaches and cream.

In the lamb leaflet you'll find a picture of this colorful mint gelatin. Its recipe is in the new Aunt Sammy Radio Recipe book. Cool-looking and delicious in flavor, -- I'm sure you'll like it with lamb on a hot summer evening. Peaches are so plentiful now that we should make the most of them. Instead of peaches and cream for this menu I might have suggested Peach Cobbler, Peach Dumplings, or Peach Tapioca. Peach Bavarian Cream is a perfect dessert to serve at the end of a light meal on a hot day. Rich because of the whipped cream in it, but molded with gelatin and chilled, you can't think of peach bavarian cream as a heavy dessert. I didn't suggest it in this meal because of the gelatin salad. Peach melba is another recipe you might want to use from Aunt Sammy's book while the market is full of peaches.

Speaking of the market reminds me of cucumbers and tomatoes. Now that gardens are giving us plenty of cucumbers and tomatoes of the "home grown" variety, this time of the year when these vegetables taste best, look prettiest, and are cheapest, we can have them raw or cooked to our hearts content. I am often surprised to find that many of my friends never cook cucumbers. They are so good fried, creamed, diced and stewed with tomatoes, or cut in half and baked with stuffing. Their flavor is very different cooked.

If you've never tried Aunt Sammy's recipe for baked stuffed cucumbers, I hope you will soon. It is perfect as part of a fish dinner, with broiled, baked, fried or creamed fish, or with a chilled fish salad. Fried cucumbers would combine nicely with cold cuts of meat. You remember if you were listening in two weeks ago that I held out for something hot even in the meal that is mostly cold.

(over)

Tomatoes, as we have already noted, are plentiful. I guess there is no vegetable that lends itself to more ways of preparing, or that wears so well the year around as tomatoes. That's a fortunate thing, too, not only for our pocketbooks but our health, since tomatoes are inexpensive fresh and canned, and are chock full of vitamins and minerals, even when cooked or canned. A big juicy ripe red tomato can have the honor place in any special luncheon menu. As a foundation for salad stuffed with vegetables or with meat or fish, you just can't improve on it. In hot weather, a meal that starts off with chilled tomato cocktail is sure to be refreshing. And in the hot meal, baked whole tomato with or without stuffing, tomatoes broiled under the flame, fried tomatoes (ripe or green) or tomatoes stewed with celery, cabbage or cucumbers, -- well, the variety of things you can do with tomatoes makes it possible to use them every day without any monotony if dishes, tomatoes alone, in combination with other vegetables, with meat, fish, cheese, or eggs. Try building a summer meal around cheese or eggs, and see how many times tomatoes fly to your mind: Tomato cheese rarebit, hard cooked eggs with tomato sauce, baked eggs in tomato cups, tomato and cream cheese salad.

So much for every day suggestions. Some of you ask every now and then for party ideas. Here's a menu that would be delicious for a Sunday night supper, a bridge luncheon, or an evening party:

Frozen cream cheese and fruit salad. Parsley butter sandwiches, Nut bread and butter sandwiches, Chocolate Ice box cake, Coffee. The recipes you need to prepare this menu are all in Aunt Sammy's book. Remember to send for it and for the lamb leaflet. Ask for a copy of today's suggestions too if you want them. Goodbye, Homemakers, until next Thursday.